

Andrew Knight

I am a lifelong resident of Rochester, NY. I began playing youth sports including, hockey, soccer and baseball when I was 4 years old. I developed my passion for the sport of hockey through the Rochester Travel Hockey program and continued my passion for the sport through college. In high school, I played for Greece Lightning and was an integral part of a New York State Championship team. I continued my love of hockey by playing at SUNY Morrisville and served as a leader and a captain of the team.

Coaching Experience:

- AAA travel - Head and Assistant Coach
- Midget Minor (AAA) Monroe County
- Assistant Head Coach University of Rochester
- Assistant Coach-Rochester Youth Mite Level
- Assistant Coach- Perinton Squirt Level
- Assistant Coach- Monroe County Peewee Level
- Volunteer Girls Lacrosse K-2 and 3-4 Program

I believe that youth sports and especially hockey provide our young players a safe space to grow and develop as great players on and off the ice. Many of my life long friendships and life lessons came from growing and developing through the youth hockey program. My coaching focus will be to develop players skills on the ice, including positioning, skill development, strength training, stick handling, speed work and game awareness. I will work to ensure that players are learning how to communicate with each other, coaches, referees and adults. There will be a focus on learning respect, communication, leadership and growing into respectful young adults.

My season goals are to compete and play 30-40 league games and attend 5 tournaments. I will be holding at least two extra full ice practices a month to help with the teams' developmental process.